

Chapter 6: Food

Lily: "Keep it clean, keep it dry, share it fair!"

Food gives Rangers energy. Clean food, dry storage and fair sharing keep the whole crew strong.

What Rangers know

- **Five keys to safe food (our words):** keep hands and food clean, keep raw and cooked food apart, a grown-up cooks it all the way through, keep food at a safe temperature, and use safe water.
- **Staples that last.** Rice, beans, lentils, oats, flour, salt and oil keep for a long time. Grains plus beans together make a strong meal.
- **Keep dry food safe.** Sealed, dry, off the ground and away from bugs and mice.
- **Is it spoiled?** A bad smell, mould, or a can that bulges or leaks means don't eat it. Tell a grown-up and throw it away.
- **Ration and share.** Plan small portions so food lasts, and share fairly. Bring a little extra for someone new.
- **Food lines.** Wait patiently, keep the ration card safe and be polite.
- **Cooking is a grown-up's job.** Rangers help by washing, sorting and soaking beans, never at the fire.

- **Hungry signs.** Very thin arms, swollen feet or no energy means tell a grown-up; the health tent can help.
- **Nature's food is look, don't eat.** Never eat wild berries, mushrooms or plants unless a trusted grown-up says they are safe.

Ranger checklist

- ☐ I wash my hands before food.
- ☐ I can name three foods that last.
- ☐ I can spot spoiled food and tell.
- ☐ I keep dry food sealed and off the ground.
- ☐ I share fairly.
- ☐ I never eat wild plants unless a trusted grown-up says so.
- ☐ I stay away from the cooking fire.

Earn your badge (Food; Badge_Matrix.csv)

Level	Requirement
 Heart	Say: "Keep it clean, keep it dry, share it fair."
 Bronze	Sort pictures into "keeps long" and "eat soon"; show the spoiled-food signs.
 Silver	Help a grown-up store dry food safely for a week.
 Gold	Help plan fair portions for a family day.
 Platinum	Help a grown-up at a group meal: washing, serving, sharing.

Watch and learn

Planned Food arc: Staples That Last · Keep Dry Food Safe · Ration and Share · Cook With Less Fuel (⚠️ expert review) · Don't Waste Food · Is It Spoiled? · Clean Water, Clean Food · The Food Line · Go Bag #GB1 (snack that won't spoil)

Grown-up note

Follow local food-aid guidance. Pot-in-a-blanket ("retained heat") cooking is adult-only and still needs an expert review.